

# Techniques of the Comprehensive Physical Examination

# Objectives

- Review the general approach and systematic method used in performing a comprehensive PE
  - Pathophys will discuss abnormal findings specific to disease
  - Patient Assessment will discuss focusing the PE as needed
  - Use small group discussions to define the issues

# Discussion Groups

- Group 1
  - Daniel, Stephanie, Kristine, Elvie
- Group 2
  - Jennifer P, Roy, Jennifer D
- Group 3
  - Angela, Crystal, Aaron

# Discussion Group Guidelines

- Work as a Team
- Everyone contributes to the success & failure of the Team
- Respect each team member's ideas
- Rotate the role of team leader, note-taker, and spokesperson
- Open your minds; Think Broadly
- Learn from each other

# Techniques Used in Physical Exam

- Inspection
- Palpation
- Percussion
- Auscultation

# Percussion

**Table 2-1** **PERCUSSION SOUNDS**

Sound	Description	Intensity	Pitch	Duration	Location
Tympany	Drumlike	Loud	High	Medium	Stomach
Hyperresonance	Booming	Loud	Low	Long	Hyperinflated lung
Resonance	Hollow	Loud	Low	Long	Normal lung
Dull	Thud	Medium	Medium	Medium	Solid organs—liver
Flat	Extremely dull	Soft	High	Short	Muscle, atelectasis










# Other Data Obtained

- Vital Signs
  - Pulse
  - Ventilations (Respirations)
  - Blood Pressure
  - Temperature
- Height
- Weight
- Spo<sub>2</sub>

# Breathing Patterns

Table 2-2

BREATHING PATTERNS

	Condition	Description	Causes
	Eupnea	Normal breathing rate and pattern	
	Tachypnea	Increased respiratory rate	Fever, anxiety, exercise, shock
	Bradypnea	Decreased respiratory rate	Sleep, drugs, metabolic disorder, head injury, stroke
	Apnea	Absence of breathing	Deceased patient, head injury, stroke
	Hyperpnea	Normal rate, but deep respirations	Emotional stress, diabetic ketoacidosis
	Cheyne-Stokes	Gradual increases and decreases in respirations with periods of apnea	Increasing intracranial pressure, brain stem injury
	Biot's	Rapid, deep respirations (gasps) with short pauses between sets	Spinal meningitis, many CNS causes, head injury
	Kussmaul's	Tachypnea and hyperpnea	Renal failure, metabolic acidosis, diabetic ketoacidosis
	Apneustic	Prolonged inspiratory phase with shortened expiratory phase	Lesion in brain stem

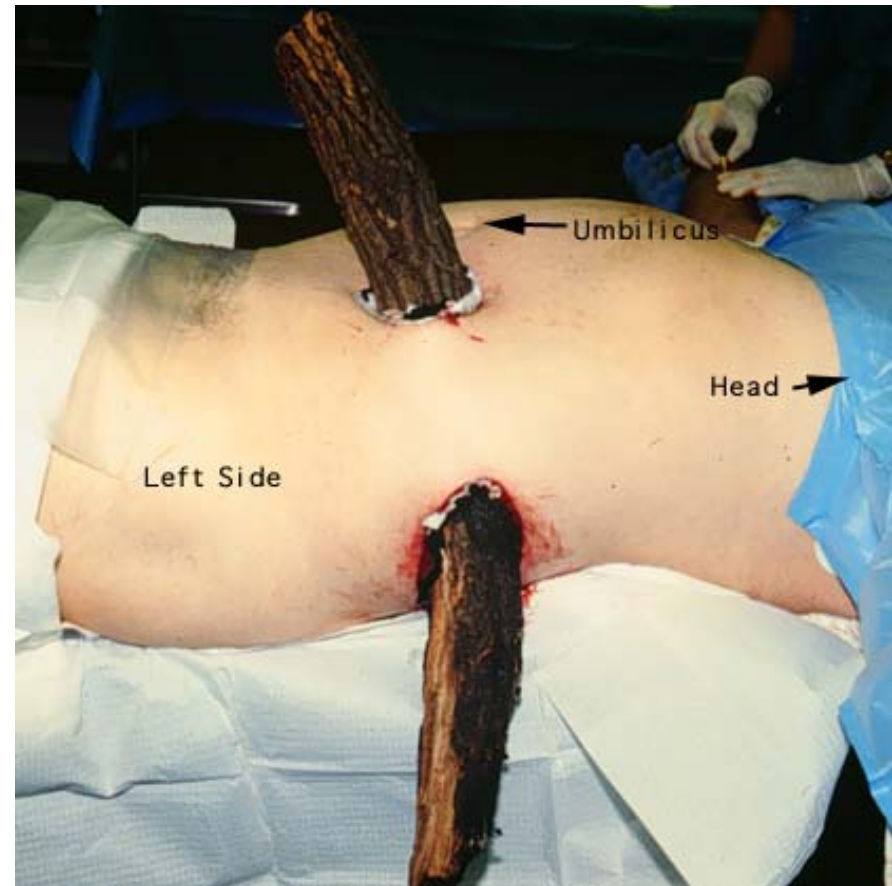


# Elements of the Comprehensive Physical Exam

- General Survey
- Mental Status
- Vital Signs
- HEENT
- Neck
- Chest
- Abdomen
- Pelvis (as needed)
- Posterior Body
- Extremities
  - Vascular
  - Musculoskeletal
- Neurologic Exam

# In the Beginning

- Begin with Comp PE or Focus on CC?
  - What determines the direction you take?
  - Why?



# Mental Status

- AVPU vs A&O X 4
  - What's the difference?
  - When do you use one vs the other?
- Non-Useful Terms to Avoid
- What are other ways of assessing?
- What does mental status tell you about the patient?
- *Group Discussions*

# General Survey of the Patient

- Appearance & Behavior

- Posture & Motor Activity
- Dress, Grooming & Personal Hygiene
- Facial Expression
- Speech & Language

- Mood
- Thoughts & Perceptions
- Insight & Judgment
- Memory & Attention

# General Survey of the Patient

- *Class Exercise*
  - You will have 3-5 seconds to view a scene and patient
  - Once you have done this, return to your desk and write down everything you know or suspect about the patient

# General Survey of the Patient

- Apparent State of Health
  - Before beginning the actual physical exam,
    - What are the clues?
    - What might they tell you?
    - How would these things affect your physical exam?
- *Group Discussions*

# General Survey of the Patient

- General Physical Appearance
  - Height, Weight & Build
  - Sexual & Physical Development
  - Posture, Gait & Motor Activity
  - Hair, Nails & Skin appearance
  - Dress, Grooming & Personal Hygiene
  - Odors
  - Facial Expressions & Body Language

# Additions to the General Assessment

- Vital Signs
  - Blood Pressure
    - Palp or auscultated
  - Pulse
    - Pulse or Heart Rate
  - Ventilations
    - Ventilations or Respirations
  - Pulse Oximetry
  - Temperature